The Kings Hedges Community News

Spring 2009

Welcome to the first edition of 2009!

How are the New Years Resolutions going?

Here at Number 37 we made a resolution to use Fair trade products or products that are locally sourced as much as possible.

This has been easier than you might think. Several shops on the estate sell these kinds of products and they are very reasonably priced.

2009 looks to be another action packed year for Kings Hedges with lots to look forward to. This will include many of our favourites - the Arbury Carnival, Summer Blast and the Pumpkin Party at Buchan Street-there will also be lots of new events and projects so keep a look out for posters and newsletters!

Thank you to everyone that supported our Christmas Events. The Arbury Court Tree event had over 250 people attend and despite it being very cold we heard some wonderful singing from The Manor School, The Grove School and ' Women of Note'.

The Pantomime on 17th January was again very well attended- see inside for some great photos of these events!

AGM

A small group attended the annual AGM of the Partnership and heard from Alan Soer (Chairperson) about the work that has happened over the last year. Alan also talked about events and courses that we have planned for the coming year. If you have an idea for an event or course please let us know!

We are pleased to announce that we now have a new member on board Hannah Gilchrist. We are always on the look out for volunteers, the more help we have the more we are able to do in the area.

If you were unable to make the AGM and would like to join us please contact Marie Cassidy on 01223 508197. We meet once a month for 2 hours!

Number 37, 37 Lawrence Way (next to Campkin Road Shops)
Kings Hedges, Cambridge CB4 2PR
Tel/Fax 01223 508197 email: marie.khnp@virgin.net

Contents

Page 2
Arbury Community Centre News

Page 3
News from No 37

Page 4
Local Environmental Projects
Not Quite Over The Hill Club

Page 5-6
Healthy Living

Page 7
Over 55's

Page 8
Pantomime

Page 9
Events Page

10
Law and Order

Page 11
Budgens Store

Page 12
Contacts and Notices

Arbury Carnival 2009 At Town Park, Campkin Road, Cambridge
Date: Saturday 13th June 2009. Theme: Colours of the Rainbow

Schools
The feedback that the committee received following the 2008 Carnival was mainly positive however many parents were disappointed with the number of local schools taking part in the event. The committee are keen not to disappoint them this year and have written to the local schools in the hope that they can plan some preparation into their school calendar this year.

Booking Forms
To comply with legislation, all parties taking part this year will shortly be sent a new booking form to complete. Anyone interested in taking part in the procession, arena entertainment or having a stall at the carnival should contact Alan Soer on 01223 712038 or alan@arburycarnival.org.uk for a form.

Sponsorship
The Carnival Committee are hoping to produce a programme for the entertainment at this year's carnival. This would be an ideal opportunity for local businesses to advertise and we would welcome anyone interested in sponsoring any part of the carnival.

Website
The website is updated regularly and includes contact details for the committee members and photos from previous carnivals.

About the Arbury Carnival Committee
The Committee is a voluntary group of local residents. Extra volunteers are always needed and the committee would warmly welcome anyone who would like to come along to the the next Committee meeting.

Based at the Arbury Community Centre, the Arbury Carnival Committee is a not for profit organisation which generates funds for the local community.

General contact details: Alan Soer at the Arbury Community Centre on: 01223 712038.

Publicity/Sponsorship contact details: tracy.parr@arburycarnival.org.uk or tracypartridge@arburycarnival.org.uk

The Grovebury Ladies

meet at
Arbury Community Centre
on Tuesdays at 8pm
Women of all ages welcome to attend

Spring 2009

17 February	'Grow your Own Veg' -Keith Jordan, Reduction Network
24 February	Cheering-Up Dinner (to be confirmed)
3 March	David Jacobs brings us his Spring Fashions (t.b.c.)
10 March	Make your own beauty treatments with Hannah(tbc)
17 March	St Patrick's Day – Prize for 'Best Green Outfit' + Wendy Marshgreen, Colour Analysis and Style Consultant
24 March	'Putting the House to Bed' Veronica Bennett. Nat Trust
31 March	Craft & Hobby Evening. Bring a friend along.
07 April	Easter Social & Raffle

For further information, please contact:

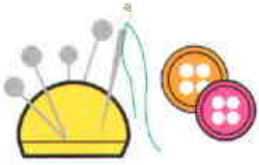
Audrey Brett	01223 425415
Brenda Whiting	01223 366267
Lesley Guebert	01223 473142
Wendy Hale	01223 352590
Doreen Tompkins	01223 366558

News from No 37

Future Courses!

We are thinking of setting up some sewing/dress making workshops at No37 as well as cake decorating-but first we need to see if there is a demand for these types of courses.

To express your interest in either course contact Marie Cassidy on 01223 508197



Family Trip to Twin Lakes

Saturday 21st March 2009
All tickets £2 each
Depart 8.30 am from
Campkin Road Shops
Great value for money as this price includes coach travel and entry into the theme park
There are some café/restaurants there to eat in, or bring your own picnic!
Call Marie On 01223 508197
Or call in at 37 Lawrence Way to book.

Dates for your Diary

Tuesday 3rd March and 2nd June
Kings Hedges Networking Lunch
@ North Arbury Chapel 12 noon

Tuesday 7th April-
Easter Egg Hunt 10.30-11.30

Tuesday 11th August-Teddy Bears Picnic
(Time to be confirmed)

Easter Egg Hunt

Come and join us for some Chocolate, Easter Art and Crafts, Fun and Games and much more!

This annual Easter Egg hunt is for families with children under the age of 10 and is FREE but you do need to book your place, as it is extremely busy!

Tuesday 7th April 2009
10.30-11.30
at No 37 Lawrence Way
To book call
Marie Cassidy
on 01223 508197

Love Food Hate Waste

A third of the food we buy in the UK ends up being thrown away!
Each day we waste:

- 1 Million slices of ham
- 1.3 Million Yoghurts and yoghurt drinks
- 5.1.Million Potatoes
- 1.6 Million Bananas
- 4.4 Million Apples
- 2.8 Million Tomatoes

(Source: Lovefoodhatewaste)

Here are just a few pointers to prevent food waste

- Check use by dates when buying
- Use leftovers
- Write a shopping List
- Freeze surplus food
- Use storage containers
- Compost your peelings or use your green bin

For more information on making the most of food, tips and recipes visit www.lovefoodhatewaste.com

Local Environmental Projects

Kings Hedges Neighbourhood Partnership are committed to do their 'bit' to help the environment and our local Community. We have joined the cause ' Every Action Counts' and we are working to make every action count for a brighter and greener future.

We have been successful in an application for a grant to Cambridge City Council's Sustainable City initiative.

We have been awarded £500 towards the purchase of 'bags for life' –these bags can be used instead of carrier bags and therefore reduce the amount that goes into Landfill. They are also fully degradable -Kings Hedges will also look much nicer and cleaner!

LOOKOUT for the Kings Hedges 'BAG ATTACK'! COMING SOON

We will also be receiving a large stock of Energy saving light bulbs from ' Can Do Communities' on behalf of E.ON Just 2 of these light bulbs could save you up to £13 a year on your electricity bill. We will have more information on these projects in the next newsletter.

If you have any ideas for an environmental project give us a call. We may be able to help or we could signpost you in the right direction.

'Not Quite Over The Hill Club'

Welcome to all our over 55 readers!

Hello again one and all.
Welcome to our 'little' yellow book!

Well another Christmas came and went; hope you all had an enjoyable time. A New Year has begun and I hope a lot of it will be spent enjoying each other's company.

I had a very busy year last year, and I have an even busier one this year, but rest assured wherever I go if I hear or find out anything that will be to our advantage, I'm in there flying the colours for NQOTH Club.

I fear we are in for a spell of bad weather so keep warm and well. At one of the meetings I attended recently I was approached by a lady who asked if she could speak to me when the meeting ended. Of course I agreed. When we did speak she was from a Pensioners Club (on a smaller scale). She said and I quote! "I've heard so much about the 'Not Quite Over The Hill Club' and I'm told it's the best in Cambridge". How about that for praise and recognition? Told her "it's the members who make it!"

It is hard to please every member all of the time, so I hope you understand that we do our best and that you enjoy the programme for this year.

In the morning when you wake,
To a greet the day, do this little sum
Before you go on your way.
Add up all your blessing great and small
You will find life's not so empty after all.

P.S a lot of my blessings at the moment are very small but lovely to kiss and cuddle, and make my life so much better.

Well ta ta for now
See you Soon
Bette (Burchell).

THE HEALTHY LIVING PROJECT

Buchan Street Neighbourhood Centre ~ A Healthy Living Centre

Events...

The Christmas Event...

Our family event with Jezzo's magic and minister disco was a great success and all the families who came had a fabulous time. As well as magic and games, there was lots of dancing and the occasional burst of indoor snow. When it was time to leave, Santa came to visit and had small gifts for the children.

The Easter Event...

The Mad Hatter's Tea Party. Thursday 16th April. Starts at 3 p.m. and finishes by 5 p.m. Come along and join in the fun. Hat making, games, afternoon tea and loads of fun. Tickets must be booked in advance and cost £1 per person (including all adults and children).

Winter Warmers...

Come along to our new group on Tuesday's at Buchan Street Neighbourhood Centre!

Keep your bills down by using our heating and lighting! Get out of your homes. Meet New friends and chat over Tea and Snacks. Come along to our Tuesday morning Drop in at Buchan Street Neighbourhood centre. All ages welcome. Just turn up and chat, for no charge. Come along and share your ideas. Some weeks we have organised activities. Some of those confirmed are:

24th February Card Making workshop.
3rd March Still Drawing workshop with Derek Batty.
10th March Egyptian Belly dance Display
24th March Craft Session.

10.30am till 12.30pm every Tuesday for further enquiries contact us on 01223 508149 or just come along on the day!

Classes and walks which will help to get you and keep you fit!

Freestyle Korean Karate

A great way to get fit! Ian Davies has been running karate classes here at Buchan Street Neighbourhood Centre for so many years, we have lost count. He doesn't make any money from the classes as he charges so little. He and his team do it for the joy of teaching. Classes are for over 8's only and cost £2 for children and £3.50 for adults. Classes are on Thursday evening from 7 – 8 for children and 7 – 9 for adults or Saturday mornings 10 – 11 for children or 11 – 1 for adults. Ring Ian on 07712 444121 or email on Cambridge_freestyle@yahoo.co.uk or visit http://uk.geocities.com/cambridge_freestyle.

Belly Dancing

The Buchan Street Belly Dancers next term dates are; 3rd, 10th, 17th, 24th & 31st March. Classes run in five week blocks and cost only £17.50 per block, payable in advance. Belly dancing is a female only fun class, no experience necessary! Classes are at Buchan Street Neighbourhood Centre on Tuesdays from 7 p.m. until 8.15 p.m. We also have a beginners class from 6 p.m. until 7 p.m. Ring us on tel 508149 to ask for more information or to get your booking form.

The **walk and talk** is a local walk, which includes a quiz and lunch. The next walk and talk will be on March 5th and will leave the Arbury Community Centre at 10.45 a.m. The quiz is observational and done on route and we have a little prize for our top scorer. Lunch is at Buchan Street Neighbourhood Centre and is a lovely social occasion as well as a nice tasty treat! If you want to join us, book your FREE place by ringing Buchan Street Neighbourhood Centre on 508149.

Ladies Only Exercise Classes

Tuesdays from 10 – 11 a.m (term time only) Thursdays 11 – 12. (term time only). Come to Buchan Street Neighbourhood Centre for the ladies only sessions. The hall is completely private and the curtains are closed indoors for these sessions. This means that the classes are suitable for women of all ages, sizes, abilities and cultures. Jane is a fun and experienced teacher and as the Tuesday class was originally started for Muslim women only (the class now welcomes women from all cultures) there is an eclectic mix of music reflecting the different cultures present. Classes are only £1.50 per session! Call for more information or turn up.

Environmentally friendly and Purse Friendly food!

Good food that's full of all the right stuff to be healthy and nutritious, doesn't cost too much and is good for the environment because it reduces land fill and waste… too good to be true? No… just use what you've got hanging around to make great left over meals!

Homemade 'bung it all in' soup.

Ingredients

Look in your fridge and veggy racks… what have you got? Potatoes, carrots, cabbage, parsnips, celery, sweet potatoes, onions or just about any veggies you have will do.
Tin of tomatoes either. Do you have any lentils (they are very cheap to buy and very nutritious!) Or a tin of beans ~ most shops sell a selection of kidney, flageolet, mung beans etc. Any will do – even a half used open can of baked beans out of the fridge! (also cheap and full of protein and good stuff)
stock – a cube or two of any you like, veggy or meat type. A little salt and pepper and whatever else you fancy in the way of herbs and spices (I like herbs de province and keep a few jars of cheap and cheerful herbs and spices in the cupboard)

Method

Start chopping what vegetables you can find, the bigger the variety the better. Bung it all into a pan with whatever you'd like to add in the beans, lentils, stock, and seasoning department. Make sure it's all covered by adding as much water as you need. Put onto the cooker top over a high heat and once it's up to the boil, turn it down and simmer for about an hour. If you have a blender, you can blend it - it's down to personal preference.

There you have it – cheap food, full of goodness, well balanced and reducing waste by keeping food in your belly and out of the bin!

Serve it hot, with a nice bit of bread – or throw a dumpling in there to cook to make it a bit more filling.

Broaden Your Horizons ~ Over 55's News and Events

Events...

The 'Sing-a-long Christmas' on December 18th was planned to include a local entertainer, who unfortunately was struck by illness. However, we managed to get an entertainer called 'Budgie' at the 11th hour and he was fantastic! He started with a compilation of old familiar songs and continued with a wide range of medleys that everyone could join in with. Most people got up and danced as well, and there was a lovely afternoon tea.

It was so successful that we will be planning another Christmas event and some people have asked that we organise a similar fun social afternoon in the year as well as Christmas. We'll be looking into it and reporting back soon.

Trips...

We will be going on our annual Spring trip sometime on Tuesday March 24th. It will be a

dual visit with a visit going to Gressenhall farm and Workhouse in Dereham in the morning and Sheringham in the afternoon.

Tickets will be on sale from March 4th and will be available from Mary Denny of the KHNP, Jean Samson at the NQOTHC and from Binnie at Buchan Street Neighbourhood Centre on tel 508149. Spaces are LIMITED and will sell out quickly. We will be taking names for the reserve list when all spaces are full.

The coach has wheelchair accessibility, so we are able to offer a space or two to wheelchair users. However, as this changes the amount of seats available, wheelchair accessible spaces must be booked by Tuesday 17th March.

The coach will be leaving Arbury Community Centre bus stop at 8.30 a.m. and tickets costs £10.

Dick Whittington Panto

17th January 2009

Over 100 people laughed and joined in the fun at the Kings Hedges Neighbourhood Partnership Panto.

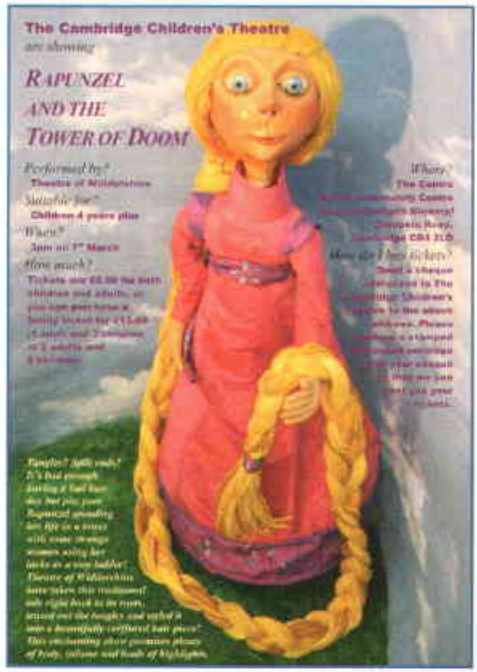
Ambabys Trip to London

13th December 2008

A very wet trip to London to see the sights-we saw over 1000 Santas in Trafalgar Square

Christmas Events 2008

Christmas Tree event Arbury Court-Over 250 people watched the lights be switched on by the Mayor of Cambridge and Jean an Arbury Court Resident.



Pink Panther Cheerleading

Arbury Community Centre

Tuesdays 3.15-7pm
ages 5-15

Cheerleading run by qualified coach Amy Weller. Starts 24th February. Come along for a free trial on 24th February.

News from your Local Neighbourhood Police Team

At the time of writing this, we have a high increase in the amount of burglaries that are happening, not just in Kings Hedges, but across the whole of Cambridge City. I would like to take this opportunity to remind you of the following crime prevention advice:

- Always close and lock your doors and windows. Even if you are just popping out for a minute. It is so important to lock your doors and close all your windows.
- Do not leave valuables on display.
- Use timer switches on lights / televisions / radios. You want to give the impression that someone could be in the property.
- Lock your shed. The majority of burglaries occur using tools from the victim's shed, so please make sure all tools / ladders are in the shed and the shed is locked.
- Register your items onto www.immobilise.com
- Install burglar alarms or window alarms.
- Remain vigilant. Look out for your neighbours. If you see anything suspicious, call us immediately on 999.

Whilst this advice does not guarantee you will not get burgled, it is a deterrant and something to be made aware of. I am still amazed when I go to visit victims of burglaries, and they're not in, and yet windows are left open. Try and think from the burglar's eyes. If you want more crime prevention advice, then please do not hesitate to contact us.

New Police Community Support Officer

Hopefully by the time you read this, many of you will have met our new PCSO, Jan Upex. She has recently started at Parkside and is getting to know Kings Hedges and the residents. You'll see her patrolling the area.

E-cops

Many of you will be on E-cops, but for those of you who aren't registered, then do! Go to www.cambs.police.uk/signup/ecops

As always, please do stay vigilant and let us know if you see anything suspicious. Dial 999 in an emergency, or use the 0845 456 456 4 number for non-emergencies.

Take care, keep safe and we'll see you out and about.

Take care, keep safe and we'll see you out and about.

PC 1641 Tom Gallagher
PCSO 7346 Jan Upex
PCSO 7152 Louise Walbank

The aims of the Kings Hedges Neighbourhood Partnership are

To act as an umbrella organisation, bringing together all community groups and agencies operating in Kings Hedges. To improve facilities, encourage self-help and involvement. Increase community spirit and act as a campaigning voice for the whole area.

If you would like to advertise or contribute to the Community News, the deadline for the next issue is 11th May 2009.

News from Budgens

It's certainly been a busy time at our Budgens store recently. As mentioned in last quarters magazine, Dee's Budgens of Arbury Court launched their Pennies For Plastic campaign back in November. The campaign has the dual aim of reducing the store's carbon footprint through the limiting of usage of carrier bags whilst raising money for local good causes – with the store donating a penny every time a customer does not take a carrier bag within the store.

However, the key to the success of this campaign is down to **ALL OF YOU.** Customers seem to really have got behind the initiative as the first cheque we will be presenting will be for the astonishing amount of **£198**. My aim for the end of the year is to surpass the £1000 barrier – so please check the notice board behind the checkouts to check out the progress we are making.

I hope to have pictures of the presentation of our cheque to Alan Soer in the next edition and to have details of what the first cheque has provided for the local community.

Mrs Bette Burchell of Not Quite Over The Hill Club receives her Bundle From Store Manager Brian Moorey

Our other recent local community initiative also seems to be gathering momentum. The Budgens Bundle – A hamper of Budgens products totalling in value to £20, £15 and £10 which the store donates each month to local groups or organisations – has had its first recipients. December winners were:

1st – Next Steps project -Drop in

2nd - Not Quite Over The Hill Club and

3rd – The Church of The United Nations.

My vision for this is to snowball so Dee's Budgens can give back as much as possible to a wide variety and range of local groups and organisations who could benefit from using the Budgens Bundle. Remember though, even if your group has won before please do not forget to apply again – on the other hand please keep applying if you have not won as i'm sure you will prevail in the end.

I look forward to reporting more good news for the local community in the next edition.

Brian Moorey – Store Manager

North Arbury Chapel

(Cameron Road)

Easter Holiday Bible Club

6th - 10th April 2009,
10.00am - 12 noon.
For children aged 5-11

Special prize-giving service on Sunday 12th April at 11.00am.
Stories, songs, quizzes, games
'All Free!'

Contact Peter or Carol for details on 420814.

Anti Social Behaviour Meetings

Dates for 2009
All at No 37 Lawrence Way at 7.30 pm

Thursday 26th March
Thursday 28th May
Thursday 30th July
Thursday 24th September
Thursday 26th November

These meetings are open to all residents in the area. Local Housing Officers, Police Officers and Local Councillors all attend. It is a chance for local residents to talk through any problems in the area in confidence.

HIGH SCHOOL ROADSHOW CLUB

Weekly on Tuesdays 5.30-6.15

Singing, dancing, cheerleading, make up, nails, scrapbooks, drama. A very varied club for ages 5-11.

Come along on 24th for a free trial.

www.highschoolroadshow.com
and our contact number is
01353 741249

Emergency Numbers

Emergency Gas
0800 111999

Emergency Power
0800 783 8838

Emergency Water
01223 403000

GP (Camdoc) out of hours
01223 464242

Addenbrooke's Switchboard
01223 245151

Rosie Maternity
01223 217617

Cambridgeshire County Council Switchboard
01223 717111

Cambridge City Council
01223 457000

Cambridge City Council Out of Hours
01223 457457

Stagecoach
01223 423578

National Rail enquiries
08457 484950

Samaritans
08457 909090

Childline
0800 1111

The Kings Hedges Neighbourhood Partnership is sponsored by Cambridge City Council Community Development Department.